

**Philippians 4:8** - And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

**Revelation 3:20** – Look, I stand at the door and knock. If you hear my voice and open the door, I will come in and we will share a meal together as friends.

**Romans 10:10** – For it is by believing in your heart that you are made right with God and it is by openly declaring your faith that you are saved.

### Final thought and blessing (music continues)

May the road rise up to meet us.  
May the wind be always at our backs.  
May the sun shine warm upon our faces;  
The rains fall soft upon our fields  
And until we meet again,  
May God hold us in the palm of his hand.  
**Amen**

This music lasts 16 minutes.

We will hand out bookmarks for you to keep after 5-6 mins (approx)  
Please feel free to leave when you feel ready – or stay to the end.

If you would like someone to pray privately with you, please walk round to one of the side aisles.

Please take this sheet home with you.

If you would like to be part of the Reflections team – please let one of us know.

# REFLECTIONS

## 3 March 2024, 6pm

*A quiet contemplative service  
lasting about 40 minutes*

*Faith is a bird  
which senses the dawn  
and sings  
though it is yet dark*



# FAITH

**The Parish Church of  
St Andrew  
and St Cuthman,  
Steyning**

### Welcome and Introduction

#### What is faith?

*Our journey of faith*

**Ezekiel 36:26:** “A new heart I will give you  
and a new spirit I will put within you”

**Jeremiah 6:16:** “These are the words of the  
Lord: take your stand and watch at the  
crossroads. Enquire about the ancient  
paths. Ask which is the way which leads to  
what is good. Take that way and you will  
find rest for yourselves.

### Prayer - Today we remember, Lord

Today we remember, Lord  
Those who have yet to throw in their lot  
with you:

Some enjoy talking about you,  
But would not risk talking to you;  
Some should be close by your side,  
But the wrong word at the right time  
From one of your followers  
Has kept them at arm's length;  
Some are aflame with great ideas,  
But have yet to find the bridge  
From conviction to commitment.

For them we pray,  
And for all who dither on the doorstep of  
discipleship,  
That they may not fear to turn and face you  
Or take your hand  
Which is calloused with care.

**Amen**

### Your Love comes to Me

Your love comes to me  
In the silence,  
Ordinary.  
Like a child's treasure  
I turn it over  
In the nook of my hand,  
Warming its smooth  
Heaviness.  
A thought of You,  
stony,  
clearly defined,  
Drops as though  
down a deep  
well,

is lost  
momentarily,  
then turns up  
a certainty in the heart.

*Cathy Hutcheon*

## Music – THE LARK ASCENDING

*Ralph Vaughan-Williams.*

*Soloist: Iona Brown;*

*Orchestra of St Martin-in-the Fields*

### Guided meditation

*[continues during ‘The Lark Ascending’]*

**Hebrews 11: 1-2** – Faith shows the reality of  
what we hope for: it is the evidence of things  
we cannot see.

**Isaiah 40: 29-31** - He gives strength to the  
weary and increases the power of the weak.  
Even youths grow tired and weary, and young  
men stumble and fall; but those who hope in  
the Lord will renew their strength. They will  
soar on wings like eagles; they will run and  
not grow weary, they will walk and not be  
faint.

**Matthew 11: 28-30** – Jesus said, “Come to  
me, all of you who are weary and carry heavy  
burdens, and I will give you rest. Take my yoke  
upon you. Let me teach you, because I am  
humble and gentle at heart, and you will find  
rest for your souls. For my yoke is easy to  
bear, and the burden I give you is light.

## MUSIC OUT OF SILENCE

### Song –

#### LET ME WRAP MY ARMS AROUND YOU

Let me wrap my arms around you when we'll  
walk,  
and let the love I hold surround you when  
we'll talk,  
And if you're far away, with these words I'll  
say my love's for you.  
Do you wonder if you'll always feel alone,  
and if the longing in your heart will find a  
home,  
In the distance can you hear the breeze that's  
humming through the rain,  
the melody that's calling out your name.  
Do you wonder how I found you through it  
all,  
Or in the darkness when you always seemed  
to fall,  
I made sure that I was near and always find a  
way,  
to take you by the hand so I could say,  
Let me wrap my arms around you when we'll  
walk,  
and let the love I hold surround you when  
we'll talk,  
And if you're far away, with these words I'll  
say my love's for you.  
Well I know it's never easy to believe,  
that a broken heart will ever find reprieve,  
But in the dawn of this new day, when we'll  
walk and talk this way,  
may your heart my love be open then to say,  
Let me wrap my arms around you and we'll  
walk,  
and let the love I hold surround you when  
we'll talk,  
And if you're far away, with these words  
I'll say my love's for you.  
My love's for you.

*Music and lyrics by Deirdre Ni Chinneide*

## Song – ONE DAY

One day I heard you call my name  
Became aware of someone searching for me  
Calling into the crowd  
There was something in your voice

And I was drawn towards you  
Wanting to see you, know who you are  
I saw an open door,  
I went inside and was looking out  
Instead of being out, looking in

### Chorus

*And I will follow you wherever you lead  
And I will answer you whenever you call  
Now that I've seen you  
There is nothing else that I can do  
There's only you*

I felt you take me by the hand  
And lead me out of darkness  
Out of the night and into the light  
I was surprised I was so dirty  
It was just as though I'd seen myself  
For the first time  
Then all my shame was gone  
And everything I've ever done  
And wished I'd never done was on you

Then you reached into my heart  
And healed where I was hurting  
Nurturing me so patiently  
You piled me high with gifts of grace and  
peace and joy and love  
With open arms, you welcomed me in  
And now I'm not my own  
Forever I belong in your family, with you

*Kate Simmonds and Mark Edwards  
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www.songsolutions.org) / Little Room Music (Admin  
by IQ Music)  
CCLI No. 4036845*

## Reading –

**Luke 7:1-9**

*Jesus valuing the importance of faith*

When Jesus had finished saying all this to the people who were listening, he entered Capernaum.

There a centurion's servant, whom his master valued highly, was sick and about to die.

The centurion heard of Jesus and sent some elders of the Jews to him, asking him to come and heal his servant.

When they came to Jesus, they pleaded earnestly with him,

"This man deserves to have you do this, because he loves our nation and has built our synagogue."

So Jesus went with them.

He was not far from the house when the centurion sent friends to say to him:

"Lord, don't trouble yourself, for I do not deserve to have you come under my roof.

That is why I did not even consider myself worthy to come to you. But say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, 'Go,' and he goes; and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it."

When Jesus heard this, he was amazed at him, and turning to the crowd following him, he said, "I tell you, I have not found such great faith even in Israel."

## POEM – Come to the Edge

He said "Come to the edge"  
They said "We can't, we're afraid"  
He said "Come to the edge"  
They said "We can't, we're afraid, it's too high"  
He said "Come to the edge"  
So they came to the edge, and looked over,  
And he pushed them -  
- And they flew.

*Guillaume Apollinaire*

## MUSIC INTO SILENCE

### Song – DEER'S CRY

I arise today, through the strength of Heaven.  
Light of sun, radiance of moon, splendour of  
fire, spirit of lightning,  
Swiftness of wind, depth of the sea, stab it to  
your earth, firmness of rock.  
I arise today, through God's strength to pilot  
me,  
God's eye to look before me, God's wisdom  
to guide me,  
God's way to lie before me, God's shield to  
protect me,  
From all who should wish me ill, a near and  
afar, alone and in the multitude,  
Against every cruel merciless power that may  
oppose my body and soul,  
Christ with me, Christ before me,  
Christ behind me,  
Christ in me, Christ beneath me, Christ above  
me,  
Christ on my right, Christ on my left,  
Christ when I lie down, Christ when I sit  
down,  
Christ when I arise, Christ to shield me,  
Christ in the heart of everyone who thinks of  
me,  
Christ in the mouth of everyone who speaks  
of me,  
I arise today.

*Deirdre Ni Chinneide*

*Composer – Shaun Davey/ Bucks Music*

## PERIOD OF SILENT REFLECTION

*15 minutes approx*

*Please feel free to move to different  
areas within the church.*